



# Surviving Unemployment



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**Community  
Information &  
Referral**

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# Surviving Unemployment

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**Community Information & Referral at 602-263-8856.**

English/Spanish operators are available at this number 24-hours a day, 7 days a week.

Visit us on the web at [www.cir.org](http://www.cir.org)

Email at [firstcall@cir.org](mailto:firstcall@cir.org)



Losing a job, however temporary, can be very disruptive. Is there anything you can do to ease the burden of such a crisis? Community Information & Referral has compiled helpful information to help you and your family through this period.

This booklet is designed to acquaint you with services available in Maricopa County to help you with problems resulting from the loss of your job. Look through this booklet, find the service category in which you need information or assistance. A number of services are listed for each category. Decide which services are appropriate and pursue them.

Unemployment is probably one of the most difficult experiences you may ever have to endure. But you can get through it with patience, some effort and by taking advantage of the help that is available. When companies are streamlining operation, it often means that they have laid off employees to stay competitive. Thousands of people in every type of position and industry are surviving unemployment, just like you.

Don't be passive in your unemployment. Take advantage of the organizations that offer services to assist you. Seek personal support like counseling, get help with your finances and look into job placements services. Stay active in the community through volunteering.

Like many people, work is probably an important part of your identity and self-esteem. It's only natural to feel rejected and depressed when you're hit by unemployment. Keep in mind it is also difficult for your spouse and children. They probably feel as helpless as you do. Try to be understanding of your family. Begin supporting each other emotionally by talking about your problems and planning your next steps together. Even youngsters know when there is tension in the family. No matter what their ages, it is best to explain your unemployment situation and your plans to deal with it.

No matter what your situation, you are not alone. These services are designed to help you . . . services you have supported through the years, and have a right to use.

Community Information & Referral, a free non-profit confidential telephone information service, can give you information about or refer you to agency programs or organizations in Maricopa County. If you have questions or problems, don't wait to call. Bilingual Information & Referral Specialists are available 24 hours a day, 365 days a year, and stand prepared to help you cope.

Men and women of organized labor may also call Labor's Community Service Agency at 602-263-5741.

## **While Waiting to go Back to Work**

If you're laid off temporarily and waiting to be called back, keep yourself occupied. Do all those things you've been putting off. Visit relatives or friends and volunteer your time to a community project. Enjoy local activities, many of them are free or moderate in cost. Check what's available in your city or township by calling your local YMCA, YWCA, recreation department, community centers, libraries or university extension services.

## **Volunteering**

Volunteering can provide the opportunity to receive valuable training, increase self-esteem by helping others and could be a stepping stone to finding a job by putting you in touch with others in the community.

Contact Community Information & Referral at 602-263-8845 ext 140. The Volunteer Dept. will link individuals with volunteer opportunities in Maricopa County.

## **Financial Help**

First discuss the situation with the entire family. Look at the amount of family income from Unemployment Benefits and all other sources, then develop a budget to meet financial needs based on the reduced income. You may be able to receive assistance in budget counseling and planning free of charge. If your unemployment benefits run out prior to securing another job, it may be necessary to apply for government benefits to which you may be entitled. **Help is available.** There are many community agencies that may be able to help you. Get started by calling Community Information & Referral at 602-263-8856 for information about services that may be available to you.

## **Unemployment Benefits**

If you become unemployed and believe that you are entitled to unemployment insurance, contact Des Employment Administration at: 1-877-600-2722 (toll free) or 602-364-2722 (Phoenix) or 520-791-2722 (Tucson) for a listing of Employment Security Office locations nearest you and for instructions on how to file an initial claim for benefits. You may also contact DES online at <http://www.azdes.gov> or <http://www.azui.com>.

**Be prepared to provide:** Your Social Security card, the name under which your last employer does business, the complete business address of your last employer, and alien registration, if applicable.

## **Mortgage Arrangements**

If you are unable to make your mortgage payment because of unemployment, an extended strike, illness or other circumstances beyond your control, contact your mortgage lender immediately to discuss your situation. It is best to talk in person with your lender if you can. You may be able to make special arrangements during the period that your income is reduced. If you cannot make special arrangements, you may be able to get other help.

If you have an FHA-insured mortgage, ask your mortgage lender to refer you to a HUD-approved homeownership counseling agency in your area. The agency will try to come up with some solutions. If you have a VA mortgage, contact the VA Loan Service and Claims Section at 800-827-1000 for similar assistance.

## **Employment and Education**

Maricopa County has numerous employment and educational opportunities for the unemployed. Anyone looking for assistance in finding employment or educational programs in your area should call Community Information & Referral at 602-263-8856 for help in locating agencies that meet your specific needs.

**Food Stamps**

Any household of one person or a group that lives and customarily buys and prepares their food together, that meets the income, assets and other basic eligibility rules can get food stamps. A person who is a boarder or lives in an institution (with some exceptions) cannot get food stamps.

**Social Security Benefits****Retirement Benefits**

If you are retired, you and your dependents are eligible for these benefits as early as the first full month you are 62 years old. But the amount will be reduced permanently, depending on the number of months you received payments before you reach age 65.

**Disability Benefits**

You are eligible for disability benefits before age 65 if you have a severe physical or mental condition that prevents you from working.

**Survivor's Benefits**

You may be eligible for these benefits if you are a member of a deceased worker's family and you meet certain qualifications. The size of your Social Security benefits depends on the amount paid into the system during your career. Visit your local Social Security office or call 800-772-1213 if you think you may be entitled to benefits.

**Supplemental Security Income (SSI)**

You may be eligible for monthly payments of SSI if you are 65 or older, or if you are blind or disabled at any age. Eligibility and payments amount also depend on your income resources and living arrangements. For application and eligibility information visit your local Social Security office or call 800-772-1213

## Notes:

# 11 Steps to Taking Charge of Personal Finances

## Step 1: Prepare a Complete Household Budget

Getting control of your personal finances is important to survive unemployment. Use a household budget worksheet to see where you spend your money and where you can save. Do this as a family project. Your budgeted expenses should include:

**Fixed expenses** - mortgage, rent taxes, insurance, loans, installment payments, credit card payments, child support and other fixed monthly payments

**Variable monthly expenses** - food, gas, repairs, dues, prescriptions, recreation, utilities and child care

**Future expenses** - Income/property tax and other outstanding debts. **Your budgeted income should include:**

- Income
- Savings
- Severance pay
- Union strike assistance
- Unemployment compensation
- Accrued vacation pay
- Refund from pension funds

## Step 2: List Assets

Other assets may include:

Cash value of insurance policies

Prepaid burial or funeral policies

Equity in your home (*the difference between the value of your home and the amount you owe on your home*)

Resale value of vehicles, boats, RVs, etc.

## Step 3: Set Priorities for your Expenses

Payments should be listed in order of importance. This will help you pay first things first when money is short. The most important will be your mortgage or rent payment, followed by utilities, health insurance and car payments. Child support or alimony payments (if any) are also high priority.

## Step 4: Make a Complete List of Creditors

List the following information for each creditor: Name, address and phone number of the contact person, account number, total amount owed, payment schedule and amount interest rates

## Step 5: Notify Your Creditors Before You Get Behind

Determine how much you can pay regularly on each bill. If you need to negotiate a lower monthly payment than your creditors expect, notify them before you get behind. Creditors are usually easier to work with when you let them know about your situation before a severe problem arises. Contact Creditors in writing:

Tell them you need to work out a plan for delaying, reducing or refinancing payments until you return to work.

Always include your account number, phone number and address in all correspondence

Keep copies of your letters and follow up by phone.



### **Step 6: Pay What You Can**

Even if you can't pay the amount creditors want, pay something regularly. This keeps your overdue balance as low as possible and lets creditors know you are making a good faith effort. Partial payments may keep your account from being turned over to a collection agency.

### **Step 7: Stay in Touch with Creditors**

After your first letter, keep in regular contact with your creditors. This reassures them, shows a responsive attitude and may keep them from harassing you.

**IMPORTANT: DON'T IGNORE YOUR MAIL! Sometimes trouble comes because folks ignore government agency inquiries or creditor requests for information. That only makes things worse. If you do not understand notices or bills sent to you, call the person who sent the bill.**

### **Step 8: Stop Credit Purchases**

Stop using all your credit cards. Interest on most credit purchases is extremely high. If you have advance warning that you'll be out of work, try to make larger payments to reduce the balance you owe.

### **Step 9: Reduce Household Expenses**

With your family, plan reductions in household expenses to stay within your budget. To cut your **food** costs:

- Plan less expensive meal menus - use leftovers and prepare snacks from scratch

- Adjust your buying habits - only shop when you need to, make a list and compare prices and brands

- Use coupons

- Consider other shopping options - food cooperatives or farmers markets

To cut your **telephone** bills:

- Switch to a money-saving rate plan

- Eliminate unnecessary calls (measured service charges for calls by length and time of day)

- Make fewer long-distance calls (take advantage of lower evening and weekend rates)

- Cancel phone features like "call waiting"

- Discontinue cell phones, e-mail services and pagers

To cut your **energy and fuel** costs:

- Turn off lights, TVs and appliances when not in use

- Cut back on the use of "power hogs" like hair dryers

- Lower the thermostat on your water heater and furnace, or turn up your air conditioner, and dress accordingly

- Wash and dry only full loads of clothes or dishes

- Eliminate unnecessary car trips

### **Step 10: Sell What You Don't Need**

Consider selling that extra vehicle or the boat and trailer you rarely use. Look at your possessions to see which items could be sold or traded without really changing the way you live.

Talk to your landlord about doing minor repairs, cutting the lawn or doing other yard maintenance in place of rent.

### **Step 11: Check into Other Financial Resources Life Insurance**

Review your policy or talk to your insurance agent to see whether you can borrow against your policy.

**Pension Funds** - Talk to your union representative or employer to see whether you are owed a refund on your pension fund contribution or from other company funds. You may be able to borrow against your 401(k) or Tax Deferred Account (TDA)

# Looking For a Job

## **Step 1: Take Stock of Yourself**

List the job skills you've developed

List skills you may have developed off the job

Write out your employment history, listing all your previous jobs. It will help to remind you of the skills you can offer and in filling out job applications Identify the working conditions you prefer

Determine the pay and benefits you need (though changing jobs may require a cut in pay initially) and the lowest pay and benefits level you will accept

The chances for future wage increases and/or promotions as you stay on the job

The costs to you of accepting the job (day care, transportation, uniforms, tools)

## **Step 2: Find Out Who Is Hiring**

Check newspaper ads, your local job service office and employment agencies for job openings

Tell everyone you know that you're looking for work and ask them to watch job openings

Follow up on all job leads

## **Step 3: Prepare for the Interview**

Find out as much as you can about the employer and the job opening before you apply or are interviewed

Check your appearance. Be well groomed and dress appropriately

### ***Take to the interview:***

A summary sheet of your work experience, skills and education

Your Social Security card and driver's license Citizenship documents Reference list

### ***Consider how you might answer typical interview questions:***

Why are you interested in working for us?

What is your experience?

What makes you think you can fill the requirements of this job?

### ***When filling out a job application:***

Look over the entire form carefully, then follow all directions exactly

Complete the application in black or blue ink

Neatly print answers to all questions

If a question does not apply, write in "N/A" (not applicable) or a dash

Make certain that all the information you provide on the application is correct

Take your employment history to help you remember names, addresses, phone numbers, dates

After completing the application, double-check to see that everything is correct

### ***During your interview:***

Sit up, look alert and show that you are interested in the job When answering questions, be honest, to the point and confident

### ***Send a thank you letter to the interviewer after the interview.***

Remember; its up to you to convince the interviewer you have the skills to do the job and you want the work.

## **Job Skills & Who's Hiring:**

# Descriptions of Resource Categories

## Advocacy

**Public Benefits** - Provides representation of the rights of an individual or group, and assists the individual or group in realizing those rights, obtaining services, and removing barriers to meet identified needs.

## Case Management

**Low Income** - Provides programs that develop case plans for the evaluation, treatment, and/or care of individuals who are otherwise unable to arrange for services on their own behalf. Coordinate the delivery of needed services. Ensures services are obtained and follows up and monitors progress.

## Counseling

**Family/Individual** - Programs that provide preventive, diagnostic and treatment services in a variety of community and hospital based settings to help people achieve, maintain, and enhance a state of emotional well-being, personal empowerment, and the skills to cope with everyday demands without excessive stress.

## Employment

**Job Readiness** - Programs that provide individual or group training for persons who want to learn behaviors and techniques that are required for job attendance including punctuality, dress, adapting to supervision, employee rights and responsibilities, etc.

**Older Adult** - Programs that provide job readiness training and employment opportunities for adults age 50 and over.

**Placement** - Programs that provide employment opportunities for persons in search of jobs. Assist persons who are willing and able to work by helping them find, secure, and retain suitable employment.

**Training** - Provides training for specific types of employment. On the job training provides training in an actual job setting.

**Unemployment Compensation** - Programs that provide partial income replacement for a limited period of time for eligible individuals that become unemployed.

## Financial

**Counseling** - Programs that provide direct advice and guidance and/or legal representation for individuals and families who need assistance in obtaining credit, obtaining or correcting information in their credit records, or managing their financial resources.

**Emergency** - Programs that provide cash, checks, or vouchers to income-eligible individuals or families to meet the costs of necessities in an emergency situation.

**General Assistance** - Arizona State Department of Economic Security program that provides financial assistance to individuals who are unemployable because of a temporary physical or mental disability, persons who are permanently disabled but are not receiving Supplemental Security Income benefits, persons required to remain in the home to care for a disabled relative, and former foster children age 18-21 who are continuing their education.

**Utilities** - Programs that pay utility bills of eligible clients who cannot afford to make the payments themselves and whose utilities are at risk of being shut off. Each household may receive this service only one time per year.

## Food

**Cooperatives** - Programs including FoodCare and Care Club that allow groups of individuals to purchase food in bulk directly from wholesalers at lower than retail prices.

**Emergency** - Community Information & Referral will refer you to programs that provide a limited amount of food or meals for individuals or families during times of personal crisis or to persons who have no food or cannot afford to purchase food at retail costs.

**Food Stamps** - Federally sponsored program administered by DES that enables low income and indigent households

to obtain food stamp coupons which can be exchanged in nearly all grocery stores for designated food items. Approved households are entitled to receive a monthly allotment of food stamp coupons based on net income and household size. Expedited food stamps are available within 5 days for persons in emergency situations whose income and spendable resources for that month are within specified limits.

**WIC** - Women, Infants, and Children. A Federally funded program that provides nutrition education and food vouchers for pregnant women, new mothers, infants, and children under five years of age who cannot afford an adequate diet and, in the case of infants over 6 weeks of age, who have a condition which shows a need for better nutrition. Vouchers are picked up at a WIC site (usually located in a primary care center) on a monthly basis and may be exchanged for milk, cheese, eggs, cereal, juice, vegetables, peanut butter, beans, and formula in most grocery stores.

## **Health**

**AHCCCS** - Arizona Health Care Cost Containment System.

**Community Clinics** - Programs that provide health services outside the confines of a hospital to people in need of preventative or health maintenance care which may include single or multipurpose services.

**Dental** - Programs that provide professional maintenance of dental health treatment for disease, injury, or other dental conditions. Includes dentures.

## **Housing**

**Subsidies** - Programs which make rental housing more readily available to low income individuals and families through federal and local housing programs. Includes public housing (projects) and subsidized housing (Section 8).

## **Legal**

**Landlord/Tenant** - Programs that provide legal assistance, information, and support for tenants and/or landlords involved in rental housing disputes.

# Resources Index

## Advocacy-Public Benefits

|  |              |
|--|--------------|
| Advocates for the Disabled, 5060 N. 19 <sup>th</sup> Ave, Suite 306, Phoenix .....   | 602-212-2600 |
| Arizona DES Division of Benefits and Medical Eligibility Family Assistance Admin (FAA),<br>3631 W Thomas Rd, Phoenix ..... | 602-542-9935 |
| Toll Free.....   | 800-352-8401 |
| Arizona Department of Veterans' Services, 3839 N 3 <sup>rd</sup> S., Suite 200, Phoenix .....                              | 602-255-3373 |
| Arizona Department of Veterans' Services Arizona State Veterans' Home, 4141 N 3 <sup>rd</sup> St, Phoenix .....            | 602-248-1550 |
| Toll Free .....  | 800-406-3373 |
| Arizona Ombudsman – Citizen's Aide, 3737 N 7 <sup>th</sup> St, Suite 209, Phoenix .....                                    | 602-277-7292 |
| Toll Free .....  | 800-872-2879 |
| Arizona Senior Citizens Law Project, 1818 S 16 <sup>th</sup> S., Phoenix .....   | 602-252-6710 |
| Community Legal Services (CLS), 305 S. 2 <sup>nd</sup> Ave., Phoenix.....  | 800-852-9075 |
| Industrial Commission of Arizona, 800 W Washington St, Phoenix.....  | 602-542-4661 |

## Case Management-Low Income

|   |              |
|---|--------------|
| Avondale Community Action Program (CAP), 1007 S 3rd St, Avondale .....                        | 623-333-2700 |
| Buckeye Community Action Program (CAP), 106 N 5 <sup>th</sup> St., Buckeye .....              | 623-349-6615 |
| Catholic Charities Community Services, 4747 N. 7 <sup>th</sup> Ave. Phoenix .....             | 602-285-1999 |
| Chandler Community Action program (CAP), 650 N. Arizona Ave., Chandler .....                  | 480-963-4321 |
| El Mirage Community Action Program (CAP), 14414 N. El Mirage Rd., El Mirage.....              | 623-875-0697 |
| Gila Bend Community Action Program (CAP) and Senior Center, 202 N Euclid, Gila Bend .....     | 928-683-2244 |
| Also .....  | 602-252-3186 |
| Gilbert Community Action Program (CAP), 1140 N Gilbert Rd Ste 109, Gilbert .....              | 480-892-5331 |
| Glendale Community Action Program (CAP), 5949 W. Northern Ave. Ste 205, Glendale .....        | 623-930-2854 |
| Guadalupe Community Action Program (CAP), 9241 S Avenida Del Yaqui, Guadalupe .....           | 480-730-3093 |
| Peoria Community Action Program (CAP), 8335 W Jefferson St, Peoria .....                      | 623-979-3911 |
| Phoenix (City of) Human Services Department (HSD) John F Long Family Services Center          |              |
| Family Self-Sufficiency (FSS) Program, 3454 N 51st Ave, Phoenix .....                         | 602-262-6510 |
| Phoenix (City of) Human Services Department (HSD)   |              |
| Sunnyslope Family Services Center, 914 W Hatcher Rd, Phoenix .....                            | 602-495-5229 |
| Phoenix (City of) Human Services Department (HSD)   |              |
| Travis L Williams Family Services Center, 4732 S Central Ave, Phoenix .....                   | 602-534-4732 |
| Toll Free .....   | 866-882-1778 |
| Scottsdale (City of) Community Assistance Office, 7515 E. 1 <sup>st</sup> St, Scottsdale..... | 480-312-7717 |
| Housing Choice Voucher Program (Section 8).....   | 480-312-2528 |
| Scottsdale (City of) Vista del Camino Center, 7700 E. Roosevelt, Scottsdale.....              | 480-312-2323 |

## **Counseling-Family/Individual**

|   |              |
|---|--------------|
| Abundant Life Fellowship, Inc, Chandler .....                                   | 480-802-7344 |
| Advocates Against Adolescent Suicide, 1586 W Campbell Ave, Phoenix .....        | 602-861-1121 |
| Anasazi Foundation, 1424 S Stapley Dr, Mesa .....                               | 480-892-7403 |
| Toll Free .....   | 800-678-3445 |
| Arizona Interfaith Counseling, 5520 E. Main St., Suite 1, Mesa .....            | 480-969-2783 |
| Behavioral Health Systems, 3618 N 24 <sup>th</sup> St, Phoenix .....            | 602-268-8404 |
| Black Family and Child Services, 1522 E Southern Ave, Phoenix .....             | 602-243-1773 |
| Catholic Charities Community Services, 4747 N 7 <sup>th</sup> Ave, Phoenix..... | 602-285-1999 |
| Ebony House, inc, 6222 S 13 <sup>th</sup> St, Phoenix.....                      | 602-276-4288 |
| EMPACT - SPC, 1232 E Broadway Rd Ste 120, Tempe .....                           | 480-784-1514 |
| Florence Crittenton Services of Arizona, 715 W Mariposa St, Phoenix.....        | 602-274-7318 |
| Franciscan Renewal Center, 5802 E Lincoln Dr, Scottsdale .....                  | 480-948-7460 |
| Toll Free .....   | 800-356-3247 |
| Friendly House, Inc, 802 S 1 <sup>st</sup> Ave, Phoenix.....                    | 602-257-1870 |
| Gila River Indian Community, 525 W Gu U Ki, Sacaton .....                       | 520-562-9840 |
| Gila River Indian Community, 315 E Casa Blanca Rd, Sacaton.....                 | 520-562-6000 |
| Magellan Health Services of Arizona, 4129 E. Van Buren St., Phoenix .....       | 602-222-9444 |
| Crisis .....  | 800-631-1314 |
| Customer Service .....  | 800-564-5465 |
| New Directions Counseling Service, 305 W Campbell Ave, Phoenix .....            | 602-264-7216 |
| Southwest Behavioral Health, 3450 N. 3 <sup>rd</sup> . St., Phoenix .....       | 602-265-8338 |
| TERROS, Inc, 3003 N. Central Ave., Ste 200, Phoenix.....                        | 602-685-6000 |

## **Employment-Job Readiness**

|  |              |
|--|--------------|
| Arizona Call-A-Teen Youth Resources, Inc, 649 N 6th Ave, Phoenix .....                                       | 602-252-6721 |
| Arizona Opportunities Industrialization Center (OIC), 39 E Jackson St, Phoenix .....                         | 602-254-5081 |
| Arizona Women's Education and Employment (AWEE), 640 N 1st Ave, Phoenix .....                                | 602-223-4333 |
| Arizona Women's Education and Employment (AWEE), 914 W Hatcher Rd, Phoenix.....                              | 602-371-1216 |
| Chicanos por la Causa, Inc, 1112 E Buckeye Rd, Phoenix .....   | 602-257-0700 |
| Family Service Agency, 2400 N. Central Suite 400, Phoenix .....  | 602-264-9891 |
| Fresh Start Women's Foundation, 1130 E. McDowell Rd, Phoenix .....   | 602-252-8494 |
| Friendly House, Inc, 802 S 1 <sup>st</sup> Ave, Phoenix.....   | 602-257-1870 |
| Gila River Indian Community, 525 W Gu U Ki, Sacaton .....  | 520-562-9840 |
| Maricopa County Human Services Department (HSD)  |              |
| Maricopa Workforce Connections One-Stop Career Center - Gilbert, 735 N Gilbert Rd Ste 134, Gilbert .....     | 480-497-0350 |
| Maricopa Workforce Connections One-Stop Career Center - Mesa, 163 N Dobson Rd, Mesa.....                     | 480-962-7678 |
| Maricopa Workforce Connections One-Stop Career Center - Phoenix, 1840 N 95th Ave Ste 160, Phoenix .....      | 602-372-4200 |
| Phoenix Indian Center, Inc, 4520 N. Central Ave Suite 250, Phoenix .....                                     | 602-263-1017 |
| Phoenix Workforce Connection (PWC), 200 W Washington St 19 <sup>th</sup> Fl, Phoenix .....                   | 602-262-6776 |
| Saint Joseph the Worker, 1125 W Jackson St, Phoenix .....  | 602-417-9854 |
| Scottsdale (City of) Human Services Vista Paiute Job Preparation Program, 7700 E. Roosevelt, Scottsdale..... | 480-312-0062 |
| Scottsdale (City of) Vista del Camino Center, 7700 E. Roosevelt, Scottsdale .....                            | 480-312-2323 |
| Scottsdale (City of) Youth and Family Services, 4201 N Hayden Rd, Scottsdale .....                           | 480-312-7922 |
| Tempe (City of) Social Services Community Action Agency Escalante Center, 2150 E Orange, Tempe .....         | 480-350-5880 |
| US VETS – Phoenix, 804 E Jones Ave, Phoenix.....   | 602-305-8585 |
| Wedco Employment Center, Inc, 5151 N 15 <sup>th</sup> St Suite D232, Phoenix.....                            | 602-274-4647 |
| Toll Free .....  | 888-802-0081 |
| Westside Training Center, 3150 N. 35 <sup>th</sup> Ave, Suite 5, Phoenix .....                               | 602-269-6485 |

## Employment- Older Adult

|   |              |
|---|--------------|
| AARP Arizona, 201 E Washington St Suite 1795, Phoenix .....   | 866-389-5649 |
| Area Agency on Aging, Region One, Inc., 1866 E Thomas Rd Suite 108, Phoenix.....  | 602-264-2255 |
| Toll Free .....   | 888-783-7500 |
| Arizona Department of Economic Security (DES) Division of Aging and Adult Services,<br>1789 W Jefferson St, Phoenix.....                      | 602-542-4446 |
| Arizona Women's Education and Employment (AWEE), 640 N 1st Ave, Phoenix .....   | 602-223-4333 |
| Arizona Women's Education and Employment (AWEE), 914 W Hatcher Rd, Phoenix.....   | 602-371-1216 |
| Deer Valley Community Center, 2001 W Wahalla Ln, Phoenix<br>Human Services .....  | 602-495-3714 |
| National Indian Council on Aging, Inc, 2111 E. Broadway Rd Suite 8, Tempe .....   | 480-921-3406 |
| Phoenix (City of) Human Services Department (HSD) Senior Services Division –<br>Older Workers<br>Program, 1145 E Washington St, Phoenix ..... | 602-261-6776 |

## Employment-Placement

|   |              |
|---|--------------|
| Arizona Bridge to Independent Living (ABIL), 5025 E. Washington #200, Phoenix.....  | 602-256-2245 |
| Toll Free .....   | 800-280-2245 |
| Arizona Call-A-Teen Youth Resources, Inc, 649 N 6th Ave, Phoenix .....              | 602-252-6721 |
| Arizona Opportunities Industrialization Center (OIC), 39 E Jackson St, Phoenix..... | 602-254-5081 |
| Arizona Women's Education and Employment (AWEE), 640 N 1st Ave, Phoenix .....       | 602-223-4333 |
| Arizona Workforce Connection, 1700 W Washington St Suite 600, Phoenix .....         |              |

### Call Community Information & Referral for individual locations

|   |              |
|---|--------------|
| Chicanos por la Causa, Inc, 1112 E Buckeye Rd, Phoenix .....  | 602-257-0700 |
| Family Service Agency, 2400 N Central Ave. Phoenix .....  | 602-264-9891 |
| Friendly House Inc, 802 S 1 <sup>st</sup> Ave, Phoenix .....  | 602-257-1870 |
| Gila River Indian Community, 525 W Gu U Ki, Sacaton .....   | 520-562-9840 |
| KEYS Community Center, 2454 E Broadway Rd, Phoenix.....   | 602-243-0174 |
| Lodestar Day Resource Center, 1125 W Jackson St, Phoenix .....  | 602-393-9930 |
| Maricopa Workforce Connections One-Stop Career Center - Gilbert, 735 N Gilbert Rd Ste 134, Gilbert .....  | 480-497-0350 |
| Maricopa Workforce Connections One-Stop Career Center - Mesa, 163 N Dobson Rd, Mesa.....                  | 480-962-7678 |
| Maricopa Workforce Connections One-Stop Career Center - Phoenix, 1840 N 95th Ave Ste 160, Phoenix .....   | 602-372-4200 |
| Phoenix Rescue Mission, 1801 S 35 <sup>th</sup> Ave, Phoenix.....   | 602-233-3000 |
| Saint Joseph the Worker, 1125 W Jackson St, Phoenix .....   | 602-417-9854 |
| Scottsdale (City of) Community Services Human Services Division, 7340 E Scottsdale Mall, Scottsdale ..... | 480-312-2673 |
| Tempe (City of) Social Services, Community Action Agency Escalante Center, 2150 E Orange, Tempe .....     | 480-350-5880 |
| Tempe Community Action Agency, Inc, 2150 E Orange St, Tempe .....   | 480-350-5880 |
| United States Department of Veterans Affairs (VA), 3333 N Central Ave, Phoenix .....                      | 800-827-1000 |
| US VETS – Phoenix, 804 E Jones Ave, Phoenix .....   | 602-305-8585 |
| Wedco Employment Center, Inc, 5151 N 16 <sup>th</sup> St Suite D232, Phoenix.....                         | 602-274-4647 |
| Toll Free .....   | 888-802-0081 |

## Employment-Training

|   |              |
|---|--------------|
| Arizona Call-A-Teen Youth Resources, Inc, 649 N 6th Ave, Phoenix .....  | 602-252-6721 |
| Arizona Carpenters Apprenticeship Program, 4547 W. McDowell Rd. Suite 5, Phoenix.....                               | 602-272-6547 |
| Arizona Department of Commerce Arizona Apprenticeship Division, 3221 N 16 <sup>th</sup> St Suite 105, Phoenix ..... | 602-212-1912 |
| Arizona Labors Joint Training Center, Rd 5 N, Chino Valley.....   | 520-636-2532 |
| Arizona Opportunities Industrialization Center (OIC), 39 E Jackson St, Phoenix .....                                | 602-254-5081 |
| Arizona Training and Evaluation Center (AZTEC), 7400 W Olive Suite 24, Peoria.....                                  | 623-412+2888 |
| Arizona Women's Education and Employment (AWEE), 640 N 1st Ave, Phoenix .....                                       | 602-223-4333 |
| Arizona Women's Education and Employment (AWEE), 914 W Hatcher Rd, Phoenix.....                                     | 602-371-1216 |
| Arizona Workforce Connection, 1700 W Washington St Suite 600, Phoenix.....  |              |

### Call Community Information & Referral for individual locations

|  |              |
|--|--------------|
| Chicanos por la Causa, Inc, 1112 E Buckeye Rd, Phoenix ..... | 602-257-0700 |
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|  |                      |
|--|----------------------|
| Gila River Indian Community, 525 W Gu U Ki, Sacaton .....  | 520-562-9840         |
| Glendale Community College, 6000 W Olive Ave, Glendale .....   | 623-845-3000         |
| ICAN, 201 S Washington St, Chandler .....  | 480-821-4207         |
| Labor's Community Service Agency, 5818 N 7th St Ste 100, Phoenix .....                                   | 602-263-5741         |
| Maricopa County Human Services Department (HSD)  |                      |
| Maricopa Skill Center, 1245 E. Buckeye Rd, Phoenix.....  | 602-238-4300         |
| Maricopa Workforce Connections One-Stop Career Center - Gilbert, 735 N Gilbert Rd Ste 134, Gilbert ..... | 480-497-0350         |
| Maricopa Workforce Connections One-Stop Career Center - Mesa, 163 N Dobson Rd, Mesa.....                 | 480-962-7678         |
| Maricopa Workforce Connections One-Stop Career Center - Phoenix, 1840 N 95th Ave Ste 160, Phoenix .....  | 602-372-4200         |
| Phoenix (City of) Human Services Department (HSD) Senior Services Division-Older Workers Program         |                      |
| 1145 E Washington St, Phoenix .....  | 602-261-6776         |
| Phoenix Indian Center, Inc, 4520 N Central Ave Suite 250, Phoenix .....                                  | 602-264-6768         |
| Phoenix Job Corps, 518 S 3rd St, Phoenix .....   | 602-254-5921 xt 2871 |
| Phoenix Painters and Drywall   |                      |
| Joint Apprenticeship and Training Committee, 1841 N 24th St, Phoenix .....                               | 602-244-0768         |
| Phoenix Workforce Connection (PWC), 200 W Washington St 19 <sup>th</sup> Fl, Phoenix .....               | 602-262-6776         |
| US VETS – Phoenix, 804 E Jones Ave, Phoenix .....  | 602-305-8585         |
| Wedco Employment Center, Inc, 5151 N 16 <sup>th</sup> St Suite D232, Phoenix.....                        | 602-274-4647         |
| Toll Free .....  | 888-802-0081         |

## **Employment-Unemployment Compensation**

|   |              |
|---|--------------|
| Arizona Department of Economic Security (DESS) Division of Employment & Rehabilitation Services |              |
| (DERS) Employment Administration, 1789 W Jefferson St, Phoenix .....                            | 602-542-5954 |
| Arizona Department of Economic Security (DES) Unemployment Insurance – Pinal County             |              |
| 11518 E Apache Trail Suite 109, Apache Junction .....   | 480-373-2160 |

## **Financial-Counseling**

|  |              |
|--|--------------|
| Chandler First Assembly of God, 532 W Ray Rd, Chandler .....                     | 480-963-6868 |
| Consumer Credit Counseling Service, a division of Money Management International |              |
| 1025 N. 24 <sup>th</sup> St. #2, Yuma .....                                      | 520-344-5508 |
| Consumer Credit Counseling Service, a division of Money Management International |              |
| 2501 N. 4 <sup>th</sup> St #10, Flagstaff .....                                  | 520-774-1484 |
| Consumer Credit Counseling Service, a division of Money Management International |              |
| 6135 E. Grant Rd, Tucson .....   | 520-722-3328 |
| Consumer Credit Counseling Service, a division of Money Management International |              |
| 1717 E. Bell Rd #7, Phoenix.....   | 888-845-5669 |
| GreenPath Debt Solutions, Inc. 401 W. Baseline Rd Suite 206, Tempe .....         | 800-550-1961 |
| Via Linda Senior Center, 10440 E Via Linda, Scottsdale.....                      | 480-312-5810 |

## **Financial-Emergency**

|  |              |
|--|--------------|
| Avondale Community Action Program (CAP), 1007 S 3 <sup>rd</sup> St, Avondale.....        | 623-333-2700 |
| Buckeye Community Action Program (CAP), 106 N 5 <sup>th</sup> St, Buckeye .....          | 623-349-6615 |
| Chandler Community Action Program (CAP), 650 N Arizona Ave, Chandler .....               | 480-963-4321 |
| Toll Free .....  | 800-471-8247 |
| Community Services of Arizona, 670 N Arizona Ave Ste 23, Chandler .....                  | 480-963-6276 |
| El Mirage Community Action Program (CAP), 14414 N. El Mirage Rd, El Mirage.....          | 623-875-0697 |
| Gila Bend Community Action Program (CAP) and Senior Center, 202 N Euclid, Gila Bend..... | 928-683-2244 |
| Also .....   | 602-252-3186 |
| Gilbert Community Action Program (CAP), 1140 N Gilbert Rd Ste 109, Gilbert .....         | 480-892-5331 |
| Glendale Community Action Program (CAP), 5949 N. Northern Ave. #208, Glendale .....      | 623-930-2854 |
| Guadalupe Community Action Program (CAP), 9241 S Avenida Del Yaqui, Guadalupe.....       | 480-730-3093 |

|   |              |
|---|--------------|
| Interfaith Cooperative Ministries, 501 S 9 <sup>th</sup> Ave, Phoenix .....       | 602-254-7450 |
| Mesa Community Action Network (CAN), 635 E Broadway Rd, Mesa .....                | 480-833-9200 |
| Peoria Community Action Program (CAP), 8335 W Jefferson St, Peoria .....          | 623-979-3911 |
| Phoenix (City of) Human Services Department (HSD)                                 |              |
| John F Long Family Services Center, 3454 N 51 <sup>st</sup> Ave, Phoenix .....    | 602-262-6510 |
| Phoenix (City of) Human Services Department (HSD)                                 |              |
| Sunnyslope Family Services Center, 914 W Hatcher Rd, Phoenix .....                | 602-495-5229 |
| Phoenix (City of) Human Services Department (HSD)                                 |              |
| Travis L Williams Family Services Center, 4732 S Central Ave, Phoenix .....       | 602-534-4732 |
| Scottsdale (City of) Vista del Camino Center, 7700 E. Roosevelt, Scottsdale ..... | 480-312-2323 |
| Taiwan Buddhist Tzu Chi Foundation, 2145 W Elliott Rd, Chandler .....             | 480-838-6556 |
| Tempe Community Action Agency, Inc, 2150 E Orange St, Tempe .....                 | 480-350-5880 |
| Tolleson Community Action Program (CAP), 9555 W Van Buren St, Tolleson .....      | 623-936-1407 |
| Wickenburg Community Action Program (CAP), 255 N Washington St, Wickenburg .....  | 928-684-7894 |
| Toll free.....  | 800-506-0576 |

## Financial-General Assistance

|   |              |
|---|--------------|
| Arizona Department of Economic Security (DES) Division of Benefits and Medical Eligibility (DBME) |              |
| Family Assistance Administration (FAA), 3631 W Thomas Rd, Phoenix .....                           | 602-542-9935 |
| Toll Free (within Arizona).....   | 800-352-8401 |
| Catholic Charities Community Services, 4747 N. 7 <sup>th</sup> Ave. Phoenix .....                 | 602-285-1999 |
| Gila River Indian Community, 525 W Gu U Ki, Sacaton .....   | 520-562-9840 |

## Financial-Utilities

|   |              |
|---|--------------|
| Avondale Community Action Program (CAP), 1007 S 3rd St, Avondale .....                    | 623-333-2700 |
| Buckeye Community Action Program (CAP), 106 N 5 <sup>th</sup> St, Buckeye .....           | 623-349-6615 |
| Chandler Community Action Program (CAP), 650 N Arizona Ave, Chandler .....                | 480-963-4321 |
| Deer Valley Community Center, 2001 W Wahalla Ln, Phoenix                                  |              |
| Human Services .....  | 602-495-3714 |
| El Mirage Community Action Program (CAP), 14414 N El Mirage Rd, El Mirage .....           | 623-875-0697 |
| Gila Bend Community Action Program (CAP) and Senior Center, 202 N Euclid, Gila Bend ..... | 928-683-2244 |
| In Phoenix .....  | 602-252-3186 |
| Gilbert Community Action Program (CAP), 1140 N Gilbert Rd Ste 109, Gilbert .....          | 480-892-5331 |
| Glendale Community Action Program (CAP), 5949 W Northern Ave. #205, Glendale .....        | 623-930-2854 |
| Guadalupe Community Action Program (CAP), 9241 S Avenida Del Yaqui, Guadalupe .....       | 480-730-3093 |
| Mesa Community Action Network (CAN), 635 E Broadway Rd, Mesa .....                        | 480-833-9200 |
| Peoria Community Action Program (CAP), 8335 W Jefferson St, Peoria .....                  | 623-979-3911 |
| Phoenix (City of) Human Services Department (HSD)   |              |
| John F Long Family Services, 3454 N 51 <sup>st</sup> Ave, Phoenix .....                   | 602-262-6510 |
| Phoenix (City of) Human Services Department (HSD)   |              |
| Sunnyslope Family Services Center, 914 W Hatcher Rd, Phoenix .....                        | 602-495-5229 |
| Phoenix (City of) Human Services Department (HSD)   |              |
| Travis L Williams Family Services Center, 4732 S Central Ave, Phoenix .....               | 602-534-4732 |
| Toll Free .....   | 866*882-1778 |
| Scottsdale (City of) Vista del Camino Center, 7700 E. Roosevelt St, Scottsdale .....      | 480-312-2323 |
| Tempe Community Action Agency, Inc, 2150 E Orange St, Tempe .....                         | 480-350-5880 |
| Tolleson Community Action Program (CAP), 9555 W Van Buren St, Tolleson .....              | 623-936-1407 |
| Wickenburg Community Action Program (CAP), 255 N Washington St, Wickenburg .....          | 928-684-7894 |
| Toll Free .....   | 800-506-0576 |

## Food-Cooperatives

|   |              |
|---|--------------|
| Desert Mission Food Bank, 9229 N 4 <sup>th</sup> St, Phoenix .....                        | 602-870-6062 |
| Gila Bend Community Action Program (CAP) and Senior Center, 202 N Euclid, Gila end .....  | 928-683-2244 |
| Phoenix.....  | 602-252-3186 |
| Goelet A C Beuf Community Center, Senior Programs, 3435 W Pinnacle Peak Rd, Phoenix ..... | 602-534-9740 |
| And .....   | 602-534-9743 |
| Guadalupe Senior Center, 9401 S Avenida Del Yaqui, Guadalupe .....                        | 480-730-3092 |
| Longview Community Church, 1301 E Whitton Ave, Phoenix.....                               | 602-266-9240 |
| Spanish .....   | 602-424-1655 |
| Marcos de Niza Senior Center, 305 W Pima St, Phoenix.....                                 | 602-262-7249 |
| Peoria Community Action Program (CAP), 8335 W Jefferson St, Peoria.....                   | 623-979-3911 |
| Saint Mary's Food Bank Alliance, 2831 N 31 <sup>st</sup> Ave, Phoenix.....                | 602-352-3640 |
| Saint Matthew's Food Bank, 901 W Erie St, Chandler .....                                  | 480-899-7386 |
| United Food Bank, 358 E Javelina Ave, Mesa .....  | 480-926-4897 |
| Westside Food Bank – 2831 N. 31 <sup>st</sup> Ave., Phoenix .....                         | 602-242-3663 |

## Food-Emergency

|   |              |
|---|--------------|
| Community Information & Referral, 2200 N Central Ave Ste 601, Phoenix ..... | 602-263-8856 |
|---|--------------|

## Food-Food Stamps

|  |              |
|--|--------------|
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program - Region 1, 1500 E Thomas Rd Suite 100, Phoenix .....   | 602-265-3091 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program – Region 1, 1522 E Southern Ave Suite 2, Phoenix .....  | 602-243-0404 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp program, Region 1, 1789 W Jefferson St, Phoenix .....           | 602-542-9935 |
| Hotline.....   | 800-352-8401 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program – Region 1, 1824 E McKinley St, Phoenix .....           | 602-258-2695 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program – Region 1, 215 E McDowell Rd, Phoenix.....             | 602-495-1308 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program, Region 1, 1619 E. Main St. #217, Mesa .....            | 480-834-4066 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program – Region 1, 2311 W Royal Palm Rd, Phoenix .....         | 602-242-0024 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program – Region 1, 2018 N. Arizona Ave. #D-104, Chandler ..... | 480-812-2160 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program – Region 1, 302 N 4 <sup>th</sup> St, Buckeye .....     | 623-327-0862 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program – Region 1, 3150 E Union Hills Dr, Phoenix.....         | 602-482-0211 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program – Region 1, 3631 W Thomas Rd, Phoenix.....              | 602-484-0204 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program – Region 1, 4016 N 67 <sup>th</sup> Ave, Phoenix .....  | 623-846-1046 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program – Region 1, 4635 S Central Ave, Phoenix.....            | 602-276-5773 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program – Region 1, 5038 S Price Rd, Tempe.....                 | 480-831-1408 |
| Arizona DES Family Assistance Administration                               |              |
| Food Stamp Program – Region 1, 605 N Central, Avondale.....                | 623-925-0095 |

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|---|--------------|
| Arizona DES Family Assistance Administration                    |              |
| Food Stamp Program – Region 1, 4323 W Olive Ave, Glendale ..... | 623-931-5640 |
| Arizona DES Family Assistance Administration                    |              |
| Food Stamp Program – Region 1, 9516 W Peoria Ave, Peoria .....  | 623-878-0749 |

## Food-WIC

|   |              |
|---|--------------|
| Arizona Department of Health Services (ADHS) Women, Infants, and Children (WIC) Program |              |
| 150 N 18 <sup>th</sup> Ave Suite 310, Phoenix .....                                     | 602-542-1886 |
| Clinica Adelante, 16560 N Dysart Rd Suite 104A, Surprise .....                          | 623-546-2294 |
| Maricopa County Department of Public Health (DPH) Office of Nutrition Services          |              |
| 4419 E. Main St. #103, Mesa.....  | 480-984-1068 |
| Maricopa County Department of Public Health (DPH) Office of Nutrition Services          |              |
| 1645 E. Roosevelt, Phoenix .....  | 602-506-6339 |
| Maricopa County Department of Public Health (DPH) Office of Nutrition Services          |              |
| 1501 N 8 <sup>th</sup> St, Avondale.....  | 623-932-3900 |
| Maricopa County Department of Public Health (DPH) Office of Nutrition Services          |              |
| 3002 N Arizona Ave suite 13, Chandler .....   | 480-892-7702 |
| Maricopa County Department of Public Health (DPH) Office of Nutrition Services          |              |
| 5141 W Lamar Rd, Glendale.....  | 623-939-0989 |
| Maricopa County Department of Public Health (DPH) Office of Nutrition Services          |              |
| 8119 E Roosevelt St, Scottsdale .....   | 480-949-7448 |
| Wickenburg Community Action Program (CAP), 255 N Washington St, Wickenburg.....         | 928-684-7894 |
| Toll Free .....   | 800-506-0576 |

## Health-AHCCCS

|   |              |
|---|--------------|
| Arizona Health Care Cost Containment System (AHCCCS), 2830 W Glendale Ave Suite 19, Phoenix ..... | 602-417-6000 |
| Arizona Health Care Cost Containment System (AHCCCS), 460 N Mesa Dr Suite 101, Phoenix.....       | 602-417-6400 |
| Arizona Health Care Cost Containment System (AHCCCS), 801 E Jefferson St, Phoenix .....           | 602-417-4000 |
| Toll Free .....   | 800-962-6690 |
| Arizona DES DBME FAA Medical Assistance   |              |
| 11510 E Apache Trail,, Apache Junction .....  | 480-373-2160 |
| Arizona DES DBME FAA Medical Assistance   |              |
| 302 N. 4 <sup>th</sup> St, Buckeye.....   | 623-327-0862 |
| Arizona DES DBME FAA Medical Assistance   |              |
| 2018 N. Arizona Ave #D-104, Chandler.....   | 480-812-2160 |
| Arizona DES DBME FAA Medical Assistance   |              |
| 6010 N. 57th Dr., Glendale.....   | 623-842-6300 |
| Arizona DES DBME FAA Medical Assistance   |              |
| 2288 W. Guadalupe Rd., Gilbert.....   | 480-777-1168 |
| Arizona DES DBME FAA Medical Assistance   |              |
| 8990 W. Peoria Ave., Peoria.....  | 602-771-0077 |
| Arizona DES DBME FAA Medical Assistance   |              |
| 215 E. McDowell Rd., Phoenix.....   | 602-495-1308 |
| Arizona DES DBME FAA Medical Assistance   |              |
| 4502 W. Indian School Rd. #A15-16, Phoenix.....   | 623-245-6300 |
| Arizona DES DBME FAA Medical Assistance   |              |
| 350 E. Bell Rd. Ste J104, Phoenix.....  | 602-843-3934 |

## Health-Community Clinics

|   |              |
|---|--------------|
| American Medical College of Homeopathy, 2001 W Camelback Rd Suite 150, Phoenix .....              | 602-347-7950 |
| Arizona Department of Health Services (ADHS), 150 N 18 <sup>th</sup> Ave, Phoenix .....           | 602-542-1000 |
| Arizona State University (ASU) Community Health Services, 8117 E Roosevelt St, Scottsdale .....   | 480-941-9283 |
| Banner Good Samaritan Medical Center, 1111 E McDowell Rd, Phoenix .....                           | 602-239-2000 |
| Chinese Senior Center, 734 W Elm St, Phoenix .....  | 602-262-6411 |
| Clinica Adelante, Inc, 16551 N Dysart Rd Suite 104A, Surprise.....                                | 623-583-3001 |
| Gila Bend Primary Care Center, 100 N Gila Blvd, Gila Bend .....                                   | 928-683-2269 |
| Las Fuentes Health Clinic of Guadalupe, 8625 S Avenida del Yaqui, Guadalupe.....                  | 480-777-2263 |
| Maricopa County Department of Public Health – Clinic Services, 1645 E Roosevelt St, Phoenix ..... | 602-506-1678 |
| Health Care for the Homeless Program, 220 S 12 <sup>th</sup> Ave, Phoenix .....                   | 602-372-2100 |
| Maricopa Integrated Health System, 2601 E Roosevelt St 2nd Fl, Phoenix                            |              |
| Administration Outpatient Services .....  | 602-344-5011 |
| Mercy Care Clinic, 2927 N. 7 <sup>th</sup> Ave., Phoenix .....                                    | 602-406-3000 |
| Mission of Mercy, Inc, 7330 N 16 <sup>th</sup> St, Phoenix .....                                  | 602-861-2233 |
| Mountain Park Health Center, 2702 N 3 <sup>rd</sup> St Suite 4020, Phoenix .....                  | 602-323-3242 |
| Native American Community Health Center, Inc, 3008 N 3rd St Suite 310, Phoenix .....              | 602-279-5262 |
| Phoenix Memorial Hospital, 1201 S 7 <sup>th</sup> Ave, Phoenix .....                              | 602-258-5111 |
| Planned Parenthood of Central and Northern Arizona, 5651 N. 7 <sup>th</sup> St., Phoenix.....     | 602-277-7526 |
| Saint Joseph’s Hospital and Medical Center, 350 W Thomas Rd, Phoenix.....                         | 602-406-3000 |
| Saint Vincent de Paul Medical/Dental Clinic, 420 W Watkins St, Phoenix .....                      | 602-261-6868 |
| Salt River Pima-Maricopa Indian Community, 10005 E Osborn Rd, Scottsdale .....                    | 480-850-8000 |
| Wesley Community Center, 1300 S 10 <sup>th</sup> St, Phoenix .....                                | 602-252-5609 |

## Health-Dental

|  |              |
|--|--------------|
| East Valley Senior Services, Inc, 45 W University Dr Ste A, Mesa .....                                 | 480-964-9014 |
| Estrella Mountain Community College, 3000 N Dysart Rd, Litchfield Park.....                            | 623-935-8000 |
| Hu Hu Kam Memorial Hospital, 483 W Seed Farm Rd, Sacaton.....  | 520-562-3321 |
| And .....  | 602-528-1200 |
| Toll Free.....   | 888-484-8526 |
| John C Lincoln Hospital – North Mountain, 250 E Dunlap Ave, Phoenix.....                               | 602-943-2381 |
| Maricopa County McDowell Healthcare Center, 1144 E McDowell Rd Suite 300-301, Phoenix .....            | 602-344-6550 |
| Maricopa Integrated Health System, 2601 E Roosevelt St, Phoenix .....                                  | 602-344-5011 |
| Mountain Park Health Center, 2702 N 3 <sup>rd</sup> St Suite 4020, Phoenix .....                       | 602-323-3242 |
| Phoenix College – Paradental Clinic, 1202 W Thomas Rd/NE Parking Lot, Phoenix.....                     | 602-285-7323 |
| (See Hours)  |              |
| Saint Joseph’s Hospital and Medical Center, 350 W Thomas Rd, Phoenix .....                             | 602-406-3000 |
| Saint Joseph’s Hospital and Medical Center Huger Mercy Living Center, 2345 W Orangewood, Phoenix ..... | 602-406-5600 |
| Saint Vincent de Paul Medical/Dental Clinic, 420 W Watkins St, Phoenix.....                            | 602-261-6868 |
| Society of Saint Vincent de Paul Diocese of Phoenix, 420 W Watkins St, Phoenix .....                   | 602-254-3338 |
| US Public Health Service (PHS) Indian Health Services (HIS), Phoenix Area Office                       |              |
| Indian Medical Center, 4212 N 16 <sup>th</sup> St, Phoenix .....                                       | 602-263-1200 |

## Housing-Subsidies

|   |              |
|---|--------------|
| Arizona Department of Housing, 1110 W Washington St suite 310, Phoenix .....            | 602-771-1000 |
| Chandler (City of) Housing and Redevelopment Division, 265 E Buffalo St, Chandler ..... | 480-782-3200 |
| Community Housing Partnership, 609 N 9 <sup>th</sup> St, Phoenix.....                   | 602-253-6905 |
| Community Services of Arizona, Inc, 650 N Arizona Ave, Chandler .....                   | 480-963-6276 |
| Gila River Indian Community, 525 W Gu U Ki, Sacaton .....                               | 520-562-9840 |
| Glendale (City of) Community Housing Services Division, 6842 N 61st Ave, Glendale ..... | 623-930-2199 |
| And .....   | 623-930-2180 |



|  |              |
|--|--------------|
| Helping Hands Housing Services, 3837 E Wier Ave Suite 4, Phoenix.....                                    | 602-381-6363 |
| Housing Authority of Maricopa County, 2024 N 7 <sup>th</sup> St Suite 101, Phoenix .....                 | 602-744-4500 |
| Housing Authority of Maricopa County, 801 E Taylor St, Avondale .....                                    | 602-932-1611 |
| Mercy Housing Southwest, 401 W Baseline Rd Suite 105, Tempe.....   | 602-952-9525 |
| Mesa (City of) Housing Authority, 415 N Pasadena, Mesa .....   | 480-644-3535 |
| Peoria (City of) Housing Department, 10950 N 87 <sup>th</sup> Ave, Peoria.....                           | 623-486-4375 |
| Phoenix (City of) Housing Department, 830 E Jefferson St, Phoenix .....                                  | 602-534-2142 |
| Save the Family Foundation of Arizona, 450 W 4th Pl, Mesa .....  | 480-898-0228 |
| Scottsdale (city of) Community Services Human Services Division, 7340 E Scottsdale Mall, Scottsdale..... | 480-312-2673 |
| Tempe (City of) Housing Services Division, 21 E Sixth St Suite 214, Tempe.....                           | 480-350-8950 |
| US VETS – Phoenix, 804 E Jones Ave, Phoenix .....  | 602-305-8686 |

## **Legal-Landlord/Tenant**

|   |              |
|---|--------------|
| Arizona Tenants Advocates, 505 W University Dr Suite B, Tempe.....  | 480-557-8905 |
| Chicanos por la Causa, Inc, 1112 E Buckeye Rd, Phoenix .....  | 602-257-0700 |
| Community Legal Services (CLS), 1655 E University Dr Suite 300, Mesa .....  | 480-833-1442 |
| Community Legal Services (CLS), 305 S 2 <sup>nd</sup> Ave, Phoenix .....  | 602-258-3434 |
| Toll Free.....  | 800-852-9075 |
| Community Legal Services (CLS) Family Lawyers Assistance Project, 301 W. Jefferson 6 <sup>th</sup> Fl, Phoenix..... | 602-506-7948 |
| Maricopa County Attorney’s Office, 222 E Javelina Ave, Mesa.....  | 602-506-3411 |
| Maricopa County Attorney’s Office, 222 N. Central Ave. suite 1100, Phoenix .....                                    | 602-506-8541 |
| Maricopa County Attorney’s Office, 301 W Jefferson St Suite 800, Phoenix .....                                      | 602-506-3411 |
| Maricopa County Attorney’s Office, 540 W Iron Ave Suite 110, Mesa .....   | 480-962-8002 |
| Phoenix (City of ) Housing Counseling, 200 W Washington St 4 <sup>th</sup> Fl, Phoenix .....                        | 602-262-7210 |
| Phoenix (City of) Neighborhood Services Department, 200 W Washington St 4 <sup>th</sup> Fl, Phoenix .....           | 602-534-6176 |
| Secretary of State, 1700 W Washington St 7th Fl, Phoenix .....  | 602-542-4285 |
| Toll Free.....  | 800-458-5842 |
| Tenant’s Union of Arizona, 1818 S 16 <sup>th</sup> St Suite 240, Phoenix .....                                      | 602-257-8987 |

**This is a partial listing of the referrals available through Community Information & Referral. Please call our 24-Hour Help Hotline at 602-263-8856 or visit our website at [www.cir.org](http://www.cir.org) for additional information.**

